

“And among God’s signs is this: God created for you mates from among yourselves, that ye may dwell in tranquility with them, and God has put love and mercy between your (hearts): Verily in that are signs for those who reflect.” (Quran, 30:21)

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic, religious, or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic violence can happen to anyone of any race, age, immigration status, religion, or gender. Domestic violence affects people of all socioeconomic backgrounds and education levels.

**Muslims are responsible** for preventing oppression and injustice. This includes supporting and assisting those experiencing abuse within their own homes. Muslims have a moral and religious obligation to speak out and try and stop emotional, verbal, financial, spiritual, physical and sexual violence.

**Domestic violence affects** children even if they are not abused themselves. Domestic violence in the home has a lasting impact on children. Known as Adverse Childhood Experiences, these can cause lifelong developmental, emotional, physical, social and mental problems.

If you or someone you know is  
experiencing abuse at home,  
**there is help!**

CONTACT US

بَيْتُتِ الْآمَنُ  
OUR PEACEFUL HOME

A project of the  
Milwaukee Muslim Women’s Coalition

Islamic Resource Center  
5235 S. 27th Street  
Greenfield, WI 53221  
414-727-1090 Crisis Line  
414-727-4900 Main  
M-F 8:00 am - 6:00 pm

National Domestic Violence Hotline  
1-800-799-SAFE (7233)

Our Peaceful Home does not discriminate  
on any basis, all are welcome!



A culturally specific family peace  
program serving Muslim families



**Everyone  
deserves  
to be safe.**

If you or someone in your community is experiencing abuse at home, we can provide help.

Our Peaceful Home can provide:

- Confidential services with a trained advocate
- We speak Arabic, Urdu, Spanish, Malay, Burmese, Rohingya, Hindi and Somali. Others upon request
- Culturally appropriate safety plans
- Emergency transportation
- Emergency short term shelter
- Support groups for survivors
- Support in navigating systems and options
- Counseling services
- Assistance with restraining orders
- Referrals to other agencies for longer-term services

Additional Services:

- Culturally specific educational programs to strengthen Muslim families
- Prevention and intervention services
- Parenting workshops
- Culturally specific domestic violence awareness/education/prevention programs for Muslim leaders, schools and community members
- Culturally informed presentations, workshops and webinars to schools, hospitals, agencies, law enforcement, shelters and all who serve Muslim domestic abuse victims/survivors and their families

" أَكْمَلُ الْمُؤْمِنِينَ إِيمَانًا أَحْسَنُهُمْ خُلُقًا وَخَيْرُكُمْ خَيْرُكُمْ لِنِسَائِهِمْ خُلُقًا " حديث شريف

"The believers who show the most perfect faith, are those with the best character. And the best of you are those who are best to their women." Prophet Muhammad (P)

### Planning for your Safety

If you are in an abusive relationship, it is important to have a **safety plan**. This is useful whether you are trying to stay in or leave the relationship. Our **Peaceful Home** domestic violence victim advocate can help you develop a plan according to your needs.

**Plan a warning sign with your family, friends, or neighbors** so that they can call the police if you are in danger or you are afraid or unable to call the police yourself.

**Tell someone trustworthy** about it. Telling someone is a way of relieving your suffering, breaking the silence, and the first step to getting help.

**Plan an escape route** and a safe place to go if you believe you are in danger, teach it to your children.

**Pack a bag** with important things you would need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust. Include cash, car keys & important documents such as court papers, passport or birth certificates, medical records & medicines, immigration papers.

**Read the Quran** and pray; make Dua. Ask Allah to give you the strength and courage you need.

### Predictors of Domestic Violence:

- Growing up in an emotionally and/or physically abusive family.
- The tendency to use fear, force or violence to "solve" problems.
- Rigid ideas about gender roles that are culturally based and resistant to change, even when presented with Islamic teachings that instruct otherwise.
- Jealousy, lack of trust and control of other relationships, including other family members and friends.
- Access to guns, knives or other lethal weapons, along with threats to use them.
- An expectation that all wishes and orders will be fulfilled.
- Extreme highs and lows, extremely kind one time, then extremely cruel another time.
- Creating fear when angry, leading family to walk on eggshells.
- Use of alcohol or other drugs.

